



Guam Comprehensive Cancer Control Newsletter

"The people of Guam will be cancer free, embracing a healthy lifestyle and living in a healthy environment."

GCCC Coalition Annual Cancer Retreat Mr. Lawrence Alam



2016 GCCC Coalition Annual Cancer Retreat Participants

GCCC Coalition, in collaboration with the GCCC Program and the NCD Consortium, hosted the 2016 Annual Cancer Retreat on January 23, 2016 at the Lotte Hotel. The purpose of the Retreat was to present the current cancer data on Guam; highlights on action team successes for 2015; and conduct a strategic planning activity to outline strategies and interventions that each action team will be implementing in 2016.

In conjunction with the Annual Cancer Retreat, a regional strategic planning activity was hosted by the Cancer Coalition and the NCD Consortium. The activity was supported by the WHO Western Pacific Region whose objectives were to develop a strategic plan to celebrate World Health Day in April 2016 which focuses on Diabetes.

More than 150 participants attended the meeting to include the CCC Coalition members; NCD Consortium members; representatives from the Pacific Islands Jurisdiction: American Samoa, the Commonwealth of the Northern Marianas, the Federates States of Micronesia, the Marshall Islands, and Palau; leadership teams from the World Health Organization, Centers for Disease Control and Prevention, Pacific Islands Health Officers Association, and the Secretariat of the Pacific Community.



Volume 3 Issue 8

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We would like to invite you to join our Coalition...

For more information about Guam Comprehensive Cancer Control Program and Coalition, please contact: 671-735-0670/73/75

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www.facebook.com/GuamCCC



2015 Palliative Care Conference: Session 1

Ms. Marisha Artero

GCCCP hosted Session 1 of the 2015 Palliative Care Conferences on November 14, 2015 at the Westin Resort Guam. The conference was held to provide education for medical professionals and social workers. The Guam Nurses Association provided 3 contact hours of continuing education credits to nurses and the National Association of Social Workers Guam Chapter provided 3 contact hours to social workers for their participation.

An Introduction to Palliative Care and Communication in Palliative Care was presented by Jared Ivie, MSW, Chairperson, GCCC Coalition. Participants learned the definition of palliative care; the role of palliative care in the care of patients with cancer and other chronic diseases; patterns of chronic and terminal disease and related issues of prognosis, and financial impact of chronic disease and dying.

Participants also learned the concepts and components of effective and ineffective communication with patients and families; the potential challenges and barriers to effective communication in Palliative Care; effective listening, verbal, and non-verbal communication skills; and how to respond appropriately to difficult communication scenarios in Palliative Care.

Additionally, the conference provided a panel discussion that included Edmund Schroeder, MD, Health Services of the Pacific; Lt. Jennifer Zeigler, BSN, RN, U.S. Naval Hospital; Theresa Villatora, BSN, RN, Health Services of the Pacific; and Maureen San Nicolas, BSW, TakeCare Insurance. The four panelists shared their experiences around end-of-life communication.

More than 90 participants attended the conference and the feedback from participants was positive – noting that the conference was informative, the speakers were prepared and ready to answer questions and the topics were well delivered.

The Palliative Care Conference was made possible through the partnership efforts of the Guam Comprehensive Cancer Control Coalition, National Family Caregiver Support Program, TakeCare Insurance, American Cancer Society, Guam Nurses Association, Guam Medical Society, National Association of Social Workers Guam Chapter, Health Services of the Pacific, Division of Senior Citizens, and the Office of Minority Health.

Palliative Care Conference: Session 1 Pictures



2015 Palliative Care Conference: Session 2

By Ms. Kavita Hemlani Re'

Session 2 of the 2015 Palliative Care Conferences was originally scheduled for November 2015 to coincide with National Caregivers Month as well and National Hospice and Palliative Care Month. However, it was delayed due to inclement weather. The conference was held on 5 December 2015 at the Hilton Guam Resort and Spa. The session was hosted by the National Family Caregiver Support Program (NFCSP) and was geared towards caregivers, social workers and the general public. The Guam Medical Society provided a donation that allowed for more attendees at the conference. The National Association of Social Workers provided contact hours to social workers in attendance.

Presentations included:

- Introduction to the National Family Caregiver Support Program by NFCSP Social Workers Mary Rose Legaspi and Lovelle Castro
- Introduction to Palliative Care by Alex Silverio from the Office of Minority Health
- Advanced Planning by Zillafaith Tahabong from Catholic Social Services
- Active Dying by Theresa Villatora from Health Services of the Pacific
- The After Death Healing Process by Alex Silverio from the Office of Minority Health

The presentations were chosen to explain palliative care to the over 100 caregivers, social workers and the lay community who may not have been previously familiar with the concept. Additionally, the presentations provided planning tips, community resource information and self-care ideas for all in attendance.

The Palliative Care Conference was made possible through the partnership efforts of the Guam Comprehensive Cancer Control Coalition, National Family Caregiver Support Program, TakeCare Insurance, American Cancer Society, Guam Nurses Association, Guam Medical Society, National Association of Social Workers Guam Chapter, Health Services of the Pacific, Division of Senior Citizens, and Office of Minority Health.

Palliative Care Conference: Session 2 Pictures



2015 Breast Cancer Awareness Month

Breast Cancer Awareness Month (BCAM) activities kicked off on September 30 with a Proclamation Signing with Lieutenant Governor Ray Tenorio. The Proclamation Signing launched Breast Cancer Awareness Month – a month-long effort to increase awareness of breast cancer. The theme for this year's celebration is "The Power of Pink." In addition, mini-health fair and physical fitness activities were conducted. Guam Comprehensive Cancer Control Coalition and Non-Communicable Disease Consortium hosted the event.



Partner organizations hosted various activities during the month of October:

BCAM: Guam Cancer Care

By Ms. Chalorna Lauron

Guam Cancer Care hosted the island-wide 4th annual Get Your Pink On (GYPO) Wave on October 1 at the ITC Intersection where more than 1,000 participants waved in support of the breast cancer awareness month in addition to honor the courage and strength of those who have fought and those who continue to fight the battle against breast cancer.



Guam Cancer Care hosted the 14th annual Strides for the Cure 2K/5K Run/Walk on October 3, 2015 at the Outrigger Resort and Spa with 2300 registrants. Proceeds from the annual run are used to support and help sustain the Kids for the Cure program in our local elementary schools as well as helping promote cancer education and awareness throughout the community.

4th Annual Save the Susu Zumbathon garnered hundreds of Zumba participants in this 2-hour fun-filled Zumbathon in honor of Breast Cancer Awareness month.



2015 Breast Cancer Awareness Month

BCAM: American Cancer Society

By Ms. Marisha Artero

American Cancer Society in collaboration with the Guam Regional Medical City (GRMC) hosted the "Think Pink Social" event on October 24. GRMC's "Think Pink Social" drew a crowd of about 50 women to Guam's new hospital on Saturday, October 24. They came to learn about breast cancer and the importance of detecting the disease in its early stages. Dr. Annie Bordallo and Dr. Ellen Bez spoke about screening, prevention and treatment methods. Breast cancer survivor and RFL team captain, Maridel Perez shared her experience overcoming the disease.



This year, the American Cancer Society partnered with Macy's to offer an outreach and educational table in support of BCAM. The ACS team joined the Macy's team for a "Bra Fit" afternoon. Trained Macy's associates measured shoppers to help them find the perfect bra fit while the ACS team staffed a table to share information about mammography, breast self-awareness and women's health. Many young women visited our table and were able to use the breast model to learn about the

importance of knowing your body and being able to identify when something is not normal. Additionally, we were able to talk with shoppers about our ACS CAN tobacco priorities and educate shoppers about the recent legislation intended to raise the age for purchase and sale of tobacco products and electronic smoking devices from 18 to 21.

BCAM: Department of Public Health and Social Services

By Ms. Rachel Ramirez and Ms. Vivian Pareja

The Guam Breast and Cervical Cancer Early Detection Program (GBCCEDP) conducted an outreach at the American Grocery on October 9 and enrolled 21 new clients for breast and cervical cancer screening. In addition, GBCCEDP had a special clinic on October 31 at the Sagua Managu Birthing Center. 31 clients were screened for clinical breast examination, pelvic exam, pap test, and HPV testing and 13 women 50 - 64 years old were referred for Mammogram.

The Guam Comprehensive Cancer Control Program coordinated the Worksite Wellness Program's Zumba and Body Combat Classes on October 14 and 21 at the department's Northern and Central facilities. More than 70 employees and family member attended the classes.



The Department of Public Health and Social Services
Breast and Cervical Cancer Early Detection Program • The Guam WCC Consortium
Guam Comprehensive Cancer Control Coalition and Program

**OCTOBER 2015
BREAST CANCER AWARENESS MONTH**
"The Power of Pink"
WORKSITE WELLNESS PROGRAM

**OCTOBER 14, 2015
4:00PM to 5:00pm
DPHSS MANGILAO**

**OCTOBER 21, 2015
4:00PM to 5:00pm
DPHSS DEDEDO**

**MELVIN BRILLANTES
4:00pm- 4:30pm**

**RIZEL FERNANDEZ
4:30pm- 5:00pm**

BODYCOMBAT

ZUMBA

Participants of the Government of Guam Worksite Wellness Program will earn 5 WWV RAFFLE TICKETS!

FREE and OPEN to the public. Giveaways will be provided at the end of the program.
For more information, please contact Vivian at 735-0670.

CCC Coalition Action Teams Updates



Prevention Action Team/NCD Physical Activity Group

By Ms. Chalorna Lauron

Guam Cancer Care held its "It Is Time" Town Hall on September 16 and 17 at Dededo Community Center; and December 1 and 2 at Santa Teresita Catholic Church Social Hall, Mangilao.

On September 16 and 17, there were six presentations conducted: Pediatric Cancer (Dr. Ana Sanchez-Varela, Guam Regional Medical City); Cervical Cancer (Dr. Kin-Sing Au, Island Cancer Center); Prevention Through Healthy Diet (Dr. Edwin Supit, FHP Health Center); Benefits of HPV and Screening for Cervical Cancer (Dr. Dennis Albino, FHP Health Center); Cancer Awareness (Dr. Charity Gorospe, St. Luke's Medical Center Global City); and Lung Cancer Prevention (In Eui Oh).

On December 1 and 2, there were four presentations conducted: Cervical Cancer (Dr. Kin-Sing Au, Island Cancer Center); Fight Fire with Food (Dr. Angeline David, SDA Guam Clinic Wellness Center); Rectal Cancer (Dr. Arthur Song-Chu Ko, Guam Regional Medical City); and Cancer Awareness (Dr. Charity Gorospe, St. Luke's Medical Center Global City).

In addition, vital signs were conducted to include blood pressure and blood sugar.

About 270 attendees participated the Town Halls. The attendees were informed of cancer screening and prevention for all cancers, treatment possibilities, and how certain foods cause/deter cancer. It was very informative to have a pediatric oncologist speak about childhood cancer and what symptoms to look for. The attendees requested more Town Halls and in various villages. Many attendees came specifically for certain speakers and their topics.

"It Is Time" Town Hall Pictures



Screening, Early Detection, and Treatment Action Team (SEDAT)

By Ms. Rose Grino RN, BSN

SEDAT, in partnership with the Prevention Action Team is focusing its efforts to improving colorectal cancer screening rates in Guam. Colorectal Cancer Awareness Month activities will kick off on March 1, 2016 with a Proclamation Signing. One of the big activities that will be held in March is the Colorectal Cancer Education Conference. The conference is intended for healthcare professionals. Other various activities include the Wellness Conference: Cultivating Workplace Culture with the Power of Wellness; It Is Time: A Dialogue on Cancer Screening and Prevention; Bank of Guam ifit 2016 5K Run; and the Worksite Wellness Program MixedFit Class.



Policy and Advocacy Action Team (PANDA)

By Mr. Chuck Tanner

Bill 143-33 lapsed into law on February 4, 2016 and is now Public Law 33-121— an act to provide increased enforcement of the Natasha Protection Act of 2005 relative to smoking regulations, and to provide for enforcement training, and citizen suits for enforcement.

Public Hearings, check the Guam Legislature Calendar at www.guamlegislature.com/calendar.htm

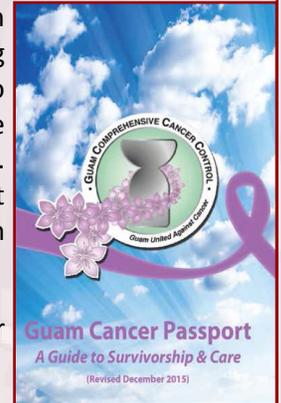
CCC Coalition Action Teams Updates

Survivorship and Quality of Life Action Team (SQOL)

By Ms. Marisha Artero

The Survivorship and Quality of Life Action Team's Hope Project video aired on PBS twice in January. The video features 9 survivors and caregivers who shared their stories to bring awareness to survivorship on Guam. The survivors and caregivers who participated in the video are: Bob Koeppen, Deanna Palmer, Tishawna Smith and caregiver Carla Borja, Jaimie Quintanilla and mother Triny Aguon, Jason Murphy, Hubert Recheungel and Egmidio Babasa. The team extends a sincere thank you to PBS Guam for its generosity in sharing the Hope Project with the community. The team is now currently working to convert the stories into a written format for publication.

The Guam Cancer Passport Guide, a resource guide for newly diagnosed patients and their families, will be available for community distribution in March.



Data and Research Action Team (DRAT)

By Ms. Renata Bordallo

Hafa Adai Cancer Warriors and Hafa Adai Guam!

Dangkulu na Si Yu'os Ma'ase (A BIG THANK-YOU) to all of you who attended the recent Guam Cancer Strategic Planning conference, and/or have attended even ONE cancer event this past year. The DRAT Team in particular received a much-needed boost in membership and new ideas during the joint NCD and Cancer Planning event. We love our new members and we treasure our steady (I won't say old) ones!

We want to **Welcome** DRAT's newest members: Dr. Ana Sanchez-Varela – pediatric oncologist at Guam Regional Medical City; Ms. Melliza Young – GRMC Patient Educator, Lee Bondoc – who works with aol.com, and UOG research assistants and interns: Casierra Cruz, Brayon Simsiman, and Nicole Nazareno.

Our main projects for the coming program year are:

- Distilling data we've gathered from DRAT-sponsored reports and getting this information out to the public via Infographics, Posters, Facts Sheets and/or Brochures. A subcommittee to work on an Infograph-style brochure for Guam Facts and Figures 2008-2012 has been formed and headed by Ms. Young. Please contact her or Vivian Pareja, if you would like to join in this effort.
- Assisting the Evaluation of Guam's DPHSS Cancer Program, our Cancer Coalition, and Guam's Cancer Plan. While an Evaluator-Consultant will be hired, DRAT will provide guidance and feedback for this project.
- Create an Inventory of Cancer and health-related Data Sources in Guam, including local research, reports, work groups, and surveys.
- We also want to contribute cancer data to the NCD Dashboard, such as annual cancer incidence and mortality rates and staging data.

In the Spirit of Collaboration and Sustainability, DRAT's members include those who are active in UOG-UH's U54 Cancer Research Partnership as well as NCD – so our public outreach efforts and mission to inform the public by painting a picture of cancer on Guam with Data is now strengthened three-fold.

I am happy to return as the interim DRAT Team Leader, and look forward to a productive year ahead!

CCC Coalition Members in Action

Guam Regional Medical City (GRMC)— The Patient and Family Education Center
Mr. Kevin Kerrigan, Communications Officer

GRMC unveiled its Patient and Family Education Center last February 10, 2016. The Center offers a wide range of health information to patients, their families and friends, at no cost.

During her opening remarks CEO Margaret Bengzon called it an important example of our commitment to GRMC's core value of "Patient Partnership" because it empowers people to take an active role in their own health care.

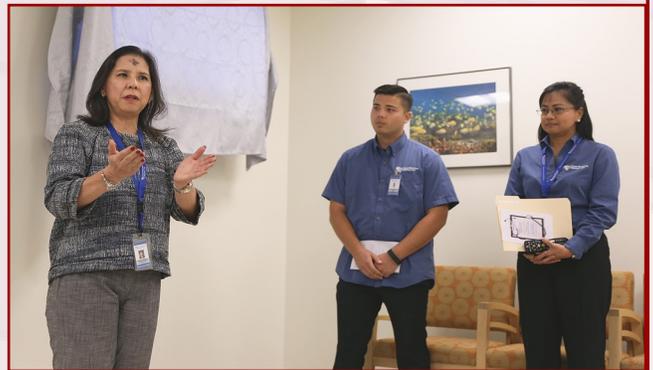
Patient Educators Melliza Young and Christopher Carbullido explained to island media that the Center will offer group classes, one-on-one teaching, links to community resources, printed educational materials available in various languages, and most importantly access to a web portal that features a wide range of health information accessible from a home computer, tablet or smartphone.

Patients hospitalized at GRMC can also access a wide variety of health information from their bedside on the GRMC Patient Education Channel.

The Patient and Family Education Center will allow both patients and visitors to learn about the causes of an illness, the treatments available, and the steps that can be taken to reach a cure. The goal is to provide our patient partners with the knowledge they need to understand their options and encourage them to take a more active role in their own health care. Our educational services spans over different specialties like cancer, heart disease, and diabetes. There is no cost for the service.

The Patient and Family Education Center is located in the International Patient Services Office next to admissions on the first floor of the hospital. It is open from 9am to 5pm Monday through Friday.

To learn more about The Patient and Family Education Center, please contact GRMC's Patient Educators at Melliza.Young@grmc.gu or Christopher.Carbullido@grmc.gu, 645-5500 ext. 3685/5688.



CCC Coalition Members in Action

Guam Breast and Cervical Cancer Early Detection Program Ms. Rachel Ramirez



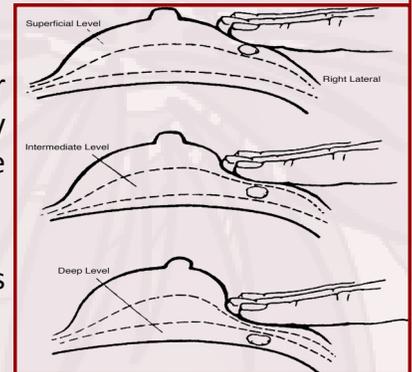
The Guam Breast & Cervical Cancer Early Detection Program (GBCCEDP) is a 100% federally funded program that provides FREE breast and cervical cancer screening to qualified women. The GBCCEDP is operated by the Guam Department of Public Health and Social Services.

Breast and cervical cancer screening include the following:

- Clinical Breast Exam (CBE)
- Mammogram
- Pelvic Exam
- Pap Test

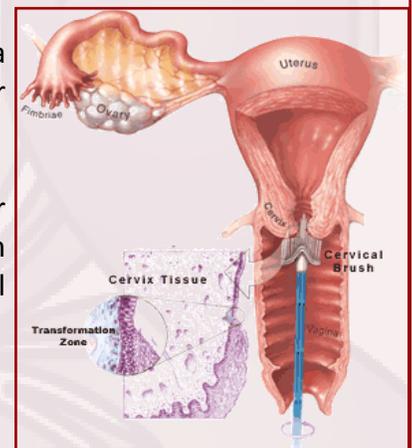
Breast Cancer Screening

- A clinical breast exam is a physical exam done by a health care provider that involves looking at and feeling the breasts and underarm for any changes or abnormalities (such as a lump). The breasts are checked while you are sitting up and while you are lying down.
- Mammogram is x-ray of the breast that can find lumps and other changes often before they can be felt.



Cervical Cancer Screening

- A pelvic examination is a physical exam of a woman's pelvic organs by a health professional which is done to help detect certain cancers in their early stages, infections, or other reproductive system problems.
- A pap test is a simple, fast and painless test done in a doctor's office or clinic that may detect abnormal cells in the cervix caused by Human Papilloma Virus (HPV) which occur before the development of cervical cancer.



Women are eligible if they are:

- 21 years and older (50-64 years old are the priority population); with
- No insurance or underinsured (having insurance that does not completely cover the cost of screening exams); and
- Documented residents of Guam; and
- Meets income guidelines.

Note: This eligibility guideline is subject to change depending upon the availability of funds.

For more information about the GBCCEDP, please contact Rachel Ramirez at rachel.ramirez@dphss.guam.gov, 735-0675 or Venancio Imanil at venancio.imanil@dphss.guam.gov, 735-0671.

Non-Communicable Disease Consortium Partnerships

Early Start Fit for Life: Teacher Trainings

By Dr. Clare Camacho and Mr. Lawrence Alam

SPARK training for GDOE faculty and staff from the 8 target elementary schools began on December 5, 2015 and ended January 16, 2016 (total of 3 sections). Participants could elect to receive 3 professional development graduate credits or 4.5 continuing education units. Participants were mainly teachers from all grade levels (K-6), and included special education, Chamorro and GATE teachers. There were also several school aides that participated. A total of 65 people pre-registered for the training, with 54 people showing up. Out of those 54, 8 stopped showing up for class. A total of 46 people completed the training. The following schools were represented: Agana Heights Elementary, C.L. Taitano Elementary, Harry S. Truman Elementary, Marcial Sablan Elementary, D.L. Perez Elementary and Carbullido Elementary.



A second SPARK training began January 12 and runs until February 12. This course is being held at Truman Elementary School in Santa Rita to make the training more accessible to teachers in the south. This section of training targets that Truman Elementary and Marcial Sablan Elementary in Agat. A total of 15 participants are registered for the course.

The last SPARK training began January 18. A total of 38 teachers/aides pre-registered with 30 actually showing up to register. The following schools were represented: Agana Heights Elementary, C.L. Taitano Elementary, Upi elementary, Price Elementary, and D.L. Perez Elementary.

Participants received online access to SPARK university resources (good for one year). Binders and online access for the complete set (good for three years) have also been ordered. Each school will get 6 binders, three of the K-2nd grade curriculum and three of the 3rd -6th grade curriculum. Each grade level will be able to share the binders.

NCD Physical Activity Team Awarded GCTF for Obesity Prevention

By Dr. Clare Camacho

With support from the Guam Cancer Trust Fund, Santa Teresita Catholic Church began activities for its “Shining Light on Good Health” program. Santa Teresita Catholic Church is implementing the SPARK After School curriculum, among other physical activities, to increase physical activity and improve the health of parishioners. Youth leaders and advisors are currently being trained on equipment and activities. Full launch to the entire community will occur once training is completed and all equipment is received.



Non-Communicable Disease Consortium Partnerships

Regional Strategic Planning on Diabetes Prevention Media Campaign By Mr. Patrick Luces

The Department of Public Health and Social Services' Bureau of Community Health Services, in collaboration with World Health Organization (WHO) sponsored the Non-Communicable Disease (NCD) Collaboration meeting and training on January 22nd and 23rd, 2016, at the Lotte Hotel Guam. The purpose of the meeting was to provide an opportunity for NCD Stakeholders to share their progress and challenges with NCDs and to adapt best practices that maybe used by the jurisdictions. Training for media communication was provided as well by WHO for Pacific Island Jurisdictions to develop a campaign for World Health Day, which will be celebrated on April 7th, 2016, and will focus on Diabetes. In addition, participants had the opportunity to learn of the progress of the Guam Comprehensive Cancer Control Coalition efforts.

Each jurisdiction completed the day with a draft template of a communications plan for World Health Day. Team Guam led by the Guam Diabetes Control Coalition had developed a plan that will increase the awareness of support services and diabetes education to patients with uncontrolled Type II Diabetes with no medical coverage. Guam's World Health Day celebrations will coincide with Guam's Diabetes Alert Day annual celebration and will begin with the Diabetes Wave on March 29th from 4pm to 6pm at the ITC Intersection; followed by the World Health Day Health Fair and Proclamation signing on April 2nd at the Center Court of Micronesia Mall; World Health Day Celebration will be celebrated on April 8th at the Governor Ricardo J. Bordallo Field in Adelup; Dinner for Life on April 9th at the Top O' The Mar; a Diabetes Session on April 12th at 5:30pm at the Mangilao Senior Center by the Guam Diabetes Association; and will end with the Launching of the Healthy Menu Pilot Project on April 22nd at Pika's Café.

The 2 day meeting included eight members from Centers for Disease Control (CDC) Prevention such as Ms. Dana Shelton, Deputy Director of the Chronic Disease Prevention and Health Promotion, Dr. Barbara Bowman of the Division of Heart Disease and Stroke Program, and the CDC Island Team. Also present at the meeting were members from the Secretariat of Pacific Communities, the Pacific Island Health Officers Association, the US Affiliated Pacific Islands of American Samoa, Common Wealth of the Northern Mariana Islands, Federated States of Micronesia, Republic of Marshall Islands, Republic of Palau, and Guam's NCD Consortium.

Regional Strategic Planning on Diabetes Prevention Media Campaign Pictures



Calendar of Events (March 2016 – May 2016)

March

March 1st

2:30pm; Governor's Office Large Conf. Rm., Adelup
Colorectal Cancer Awareness Month Proclamation Signing
 For more information, contact GCCCP at 735-0670.

March 2nd

8:00am - 4:00pm; Hotel Nikko Guam
Wellness Conference: Cultivating Workplace Culture with the Power of Wellness
 For more information, contact TakeCare at 647-3509.

March 6th

7:30am - 1:00pm; Hilton Guam Resort & Spa
Colorectal Cancer Education Conference
 For more information, contact GCCCP at 735-0670.

March 7th

5:00pm - 8:00pm; Santa Teresita Catholic Church Social Hall, Mangilao
It Is Time: A Dialogue on Cancer Screening and Prevention
 For more information, contact Guam Cancer Care at 969-2223.

March 12th

Showtime 5:00am, Start Time 6:00am; Bank of Guam Headquarters Bldg. Parking Lot, Hagatna
Bank of Guam ifit 2016 5K Run
 Registration Locations: ifit5k.eventbrite.com, all Bank of Guam Branches, Guam Cancer Care, Hornets Sporting Goods

March 18th

4:00pm - 5:00pm; DPHSS, Dededo
Worksite Wellness Program's MixedFit Class
 For more information, contact GCCCP at 735-0670.

March 29th

4:00pm - 6:00pm; ITC Intersection, Tamuning
Diabetes Wave
 For more information, contact GDPCP at 735-7295.

April

April 2nd

10:00am - 2:00pm; Micronesia Mall Center Court
World Health Day Health Fair and Proclamation Signing
 For more information, contact GDPCP at 735-7295.

April 8th

4:00pm - 6:00pm; Governor Ricardo J. Field, Adelup
World Health Day Celebration
 For more information, contact GDPCP at 735-7295.

May

May 20th

6:00pm - 12:01am; George Washington High School
American Cancer Society's (ACS) Relay For Life
 For more information, contact ACS at 477-9451.

March is Colorectal Cancer Awareness Month



"Even 50 years after the first Surgeon General's report on smoking, research continues to newly identify diseases caused by smoking, including...colorectal cancer.** While the public is generally familiar with the link between smoking and lung cancer, smokers may not understand that smoking increases their risk for getting colorectal cancer.

Colorectal cancer is cancer that occurs in the colon or rectum. The colon is the large intestine or large bowel. The rectum is the passageway that connects the colon to the anus.

Cancer is a growth inside your body that should not be there. Most colon cancers start from polyps in the colon or rectum. A polyp is a growth inside the colon that is not normal. Over time, polyps can turn into cancer if they are not removed.

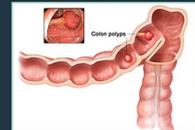
Colorectal cancer is the third most common cancer found in men and women in the US. Overall, the lifetime risk of developing colorectal cancer is about 1 in 20 individuals.**

Colorectal cancer is the 4th most common and the 3rd most deadly cancer type in Guam. From 2008-2012, it accounted for about 10% of new cancer cases, and 11% of cancer deaths.**

What can you do:

Colorectal cancer is preventable and treatable.

- Don't use tobacco products such as cigarettes and chewing tobacco.
- If you are 50 to 75 years old, get screened for colorectal cancer regularly.
- Be physically active.
- Maintain a healthy weight.
- Don't drink too much alcohol.



Source: A Report of the Surgeon General 2014, Executive Summary, Maps, Conclusions #3
 **Source: Guam Cancer Facts and Figures 2008-2012

To get help quitting tobacco, call the **Tobacco Free Guam Quitline at 1-800-QUIT-NOW (1-800-784-8669)**, or visit www.quitnow.net/guam. It's **FREE** and **CONFIDENTIAL!**



TOBACCO FREE
 GUAM



Cancer Coalition Monthly Meetings

PANDA: 2nd Monday: 3:30pm – 4:30pm
 (FHP Health Center Conference Room)

DRAT: 3rd Tuesday: 9:00am – 10:00am
 (University of Guam Dean Circle House #7)

SQOL: 3rd Thursday: 11:00am – 12:00pm
 (University of Guam Dean Circle House #7)

SEDAT: 4th Tuesday or 4th Thursday: 4:00pm – 5:00pm
 (DPHSS, Mangilao)

Prevention Action Team

4th Monday: 3:00pm – 4:00pm
 (Guam Cancer Care or Good Samaritan Hospital Referral Office Conf. Rm. 704)

NCD Physical Activity Group

4th Monday: 3:00pm – 4:00pm
 (Guam Cancer Care or Good Samaritan Hospital Referral Office Conf. Rm. 704)

To find out specific dates, location and time, please call the Guam Comprehensive Cancer Control Program at 735-0670/73.

